

TWENTY-EIGHTH ANNUAL REPORT

OF THE

SUFFOLK LUNATIC ASYLUM.

DECEMBER 1865.

1866.



Visiting Magistrates.

F. G. DOUGHTY, Esq. *Chairman.*

| | |
|----------------------------|-------------------------|
| ANDERSON, REV. T. | LLOYD, REV. C. W. |
| BEDINGFIELD, REV. J. | LONG, W. B. ESQ. |
| BENCE, H. A. S. ESQ. | OWEN, REV. H. |
| BURROUGHES, T. D'EYE, ESQ. | PACKE, J. ESQ. |
| CHEVALLIER, DR. | PRATT, REV. J. |
| CORRANCE, F. S. ESQ. | RODWELL, B. B. H. ESQ. |
| DOUGHTY, F. G. ESQ. | ROWLEY, SIR C. R. BART. |
| GORTON, REV. R. | SCHREIBER, F. W. ESQ. |
| HEIGHAM, J. H. ESQ. | SHEPPARD, J. G. ESQ, |
| HILL, REV. C. | STEEL, REV. J. F. |
| HUDDLESTON, P. ESQ. | STEWARD, C. ESQ. |
| KERRICH, J. ESQ. | WALFORD, C. ESQ. |
| KERRISON, SIR E. C. BART. | WILSON, H.. ESQ. |

REPORT.

A retrospect of the past year, besides displaying a repetition of former annual success, and of annual development, affords a proof of what its occasionally perplexing anxieties may have been. They have hitherto been confidently met, and in great measure overcome, in a spirit of thankfulness for that ceaseless desire which has been shewn throughout the household to support the character which this Asylum has never yet ceased to possess, and to promote the general welfare and restoration of its inmates. When it is stated that these united objects have been the prominent ones with all the officials and subordinates in the Asylum, this truth will convey in itself the assurance which the Medical Officer would *primarily* express on the exemplary conduct of those who have the more immediate oversight of the patients. Without this harmony, the echo of order, motive, and end, leading to uniform action from the highest to the lowest, combined with a cheerful performance of very anxious duties, it would be impossible for the Superintendent to present so favourable a report to the Committee, as he is this year (the thirty-sixth of his professional oversight) enabled to do. When those who are engaged in any philanthropic pursuit cease to act in concert, they soon cease also to act with advantage to themselves or to others, in detail.

Several valuable and long tried attendants have left during the year. Four females on the engagement for better for worse: after their long service here, the hope is that it has been exclusively for better.

The health of the patients has been good throughout the year, which is evidenced by the report of to-day.

| | Males. | Females. | Total. |
|---|--------|----------|--------|
| Patients in the House, 31st December, 1864... | 153 | 202 | 355 |
| Admitted in 1865 | 60 | 60 | 120 |
| | 213 | 262 | 475 |
| Discharged | 29 | 32 | 61 |
| Died | 19 | 15 | 34 |
| | 48 | 47 | 95 |
| Remaining..... | 165 | 215 | 380 |
| Increase | 12 | 13 | 25 |

Admissions, 5 more,
Discharges, 5 more,
Deaths, 7 less, than 1864 : 16 less than 1863.

From the last half yearly return just issued by the Poor Law Board, it appears that there is an increase of 1300 insane paupers in England and Wales, for the month of July, over the corresponding period in 1864. The admissions *here* were unusually rapid during the very hot weather: but *lunatic* is so household a word, that it seems almost a pity to depreciate such an offspring of superstition about the moon, by facts about the sun. It will be very instructive to converge the record in this respect from other asylums of the country, for the past year.

We cannot refrain from noticing in connection with our own obituary, the most exceptionable characteristics of the year throughout the country, and indeed throughout Europe. The marked absence of those ordinary English vicissitudes of weather, which, however they may be abused, do help to build up the sturdy English *body*, as much as in vegetable structure the sturdy oak; and instead of these the long continuance of excessive heat and drought, and then wet,

together with those more subtle derangements which spread a sort of halo round the sphere of actual epidemic, have all tended to make this portion of any asylum's history peculiarly unfavorable. But through salubrity of situation, generous diet, and careful watching, this Asylum has been singularly blessed with health: *such* health as is among the most satisfactory paradoxes of a house full to overflowing, of diseased inmates.

There are some remarkable facts which are gaining rapid extension and importance year by year, throughout our increasing population, and fermenting life. A prevalent *uniformity of type*, more or less faint in the disorders of the human body, is observed to rule for some considerable period, and gradually to change. This type has of late years been steadily assuming as its seat the mysterious branches of the *nervous system*. There are many indications that this type will become more marked. It might seem perhaps fanciful to trace this very directly to such subordinate causes as increased immorality, injudicious marriages, increased drunkenness, or diminished or more fitful generation of that elementary substance ozone, as severally fixing their results in poverty of blood, which too easily establishes itself as hereditary: but there can be no doubt that the immensely accelerated rapidity of life in all its departments; the innumerable streams of duty, business, and thought, hastened by facilities of locomotion, by the intense competition and emulation in all spheres, and by the dense living of increased populations; all create a painful increase of *brain-tax* which must shew itself in the spread of all hues of nervous affection, and of insanity in particular. It is true that the agricultural labourer is not so subject to causes of excitement as the citizen, the artizan, or the capitalist, who must be subject to many waves of influence and interest six days out of seven. And the proportional display of consequence varies with the district which an asylum represents.

But as it is, while strong wide causes urge toward increased mental disturbance; and even an increased intensity or untractableness of it, in individual cases: every case of cure must have a greater representative value; and every case of chronic hopelessness must also bear its argument to the necessity of plentiful asylum provision, in its quiet seclusion, and in its physical and moral regimen.

All merely numerical statistics drawn from the variable tables of asylums, afford a very inadequate criterion of the success or non-success of particular treatment. There is much truth covered by the humour of Mr. Canning's expression that "figures are as false as facts" and certainly on medical calculations (no less than on financial) they are generally delusive, taken as they are in ignorance of those qualifying circumstances which shew the advantages or otherwise that patients may possess, and necessarily influencing the results of their treatment. The very names of the varieties of insanity present to the view of the old practitioner something of a fanciful appearance. "*Thin partitions do their bounds divide,*" and some of these are so very thin it may be noticed of them, that though extremes differ *much*, and intermediates *considerably*, shades of difference can scarcely be distinguished as submitting to correct nomenclature.

Some inconvenience has risen of late from the reception of some patients, not paupers, who have been sent under the 68th clause of 16 and 17, Vic. In the report of the Commissioners in Lunacy for 1864, p. 82, special reference is made to the latitude used in the interpretation of this clause, as stated by Mr. Archbold to be of doubtful construction. The Commissioners remark upon it, "under the general powers of discharge given by the 79th section of the Act, the visitors have no doubt full authority to order such patients sent to the Asylum in these circumstances, to be discharged."

The admissions generally this year have been such as to forbid any favourable prognosis. Very few indeed are even in *any* probability curable. There are now in the House 16 imbeciles and paralytic cripples. In reference to such patients, the Superintendent desires to assure any whom he may fail *casuistically* to convince, that no *private* motives influence him in declaring his *coincidence* with the opinion of Dr. Boyd of Somerset, who at the last meeting of the Medico-Psychological Association, brought a resolution before its largely assembled and influential members, domestic and foreign, whose object was "to provide all necessaries, with skilled supervision, for the sick and infirm in workhouses, near their homes, and thereby obviate the necessity of sending such cases to asylums already overcrowded." Dr. Boyd's resolution as carried was "that in the opinion of this meeting the treatment of the insane in workhouses is not satisfactory, and that it is desirable to have the care of all the insane poor of the counties, transferred to the Visitors and Superintendents of the county asylums." If Dr. Boyd's resolution were legally sanctioned, the objection of removal in many cases to the workhouse would be nullified. "Although (the Commissioners say) in some workhouses improved accommodation and treatment have been provided, the rule is, that these wards (separate) are still wanting in furniture, in the means of occupation and amusement, in space for exercise, and above all in a staff of properly qualified attendants."

There is nothing *very* particular marking individual patients: they present the usual ordinary character. One man admitted as a criminal lunatic, who had been sent to Bury Gaol for breach of the peace, and for whose removal to the Criminal Asylum at Broadmoor as a crafty, destructive, and dangerous man, application was made unsuccessfully to the Secretary of State, contrived to effect his escape at the beginning of the year: this case was regularly reported, and

repeated efforts made to re-take him : the probability is that he has gone abroad. His name is retained on the books according to the Statute, but the Commissioners in Lunacy have suggested in other similar cases, that application be made to the Secretary of State to sanction an erasure.

Another man who was also admitted as a criminal patient after having been guilty of petty larceny and sent to gaol, was discharged on the ordinary certificates by the Secretary of State in July last. He was sent back again as a pauper patient after four months absence. His present conversation indicates something distinct from insanity: there is a moral perversion, a disposition to do what is wrong, with a perfect knowledge of what is right. In opposition to the history of the above patients, it would be unjust not to notice the good feeling of another. An old and attached man evinced great anxiety on the alarming reports of the Cattle Plague. Quite unsolicited he commenced fumigating whitewashing and tarring the cow-house and its adjacent buildings ; he burnt the refuse straw, and took every precautionary means to guard against its introduction , and he goes daily about the premises to note the success of his disinterested efforts. He richly deserves a medal for his zeal.

Several long standing cases of *melancholy* interest remain in the House, existing proofs of those corroding "cares which do not speak," but continue to "whisper the over-fraught heart and bid it break." It requires almost feminine delicacy of treatment to *prevent* the breaking of these bruised reeds. A father and daughter are in the House who have been the objects of great solicitude. The hope was encouraged that they might have been brought forward *together* for discharge to-day, but the daughter has had a relapse and the father only will be proposed. He is the subject of recurrent mania, and his daughter inherits this lamentable condition from *both* parents. They constantly associate together, and it is painfully interesting to

hear the father's endeavours to soothe the daughter, forgetting his own state in contemplating hers. It is a touching scene to witness the interview of a father quite aware of his own state, stifling its impressions in contemplating those of a daughter. His affection beams forth independently of his beclouded reason, proving, notwithstanding his own sufferings, the medicinal power of *his* mind over another mind.*

About the middle of the year there arose very unexpectedly a pressure on the male side of the House. The House Steward and the Engineer unhesitatingly gave up their sleeping apartments to supply this sudden inconvenience: and accommodation was provided by the sacrifice of their rooms for the existing number of male patients *then* in the House. The removal of some old subdivision walls in the upper story furnished an open dormitory, which though a very great improvement, afforded little additional accommodation, and the want of room was still very seriously felt. Under these embarrassing circumstances, it was proposed and sanctioned, to remove the present workshops to a more convenient place, and to convert them by an additional elevation into two open dormitories. One of these is now occupied by 12 patients, and when the other is completed, ample room for the male patients will be provided. Each room is 40ft. by 14ft. wide, and 12ft. high, giving between 5 and 600 cubical feet to each patient. An additional day room may be obtained by the further extension of these rooms, which would meet the suggestion of the Commissioners

* Since this Report was read, a proof has been shewn of such child-like confidence and attachment by a female patient that it may be well to record it. A woman was discharged on trial on the 23rd ultimo. After two days absence, she said she felt uncomfortable and restless, with an indescribable dread of injuring herself. She determined to come back again. She came to the gate at 9 o'clock in the evening entreating to be admitted. She had walked more than 30 miles, and though she was very tired, she would have walked she said. "twice the distance to obtain the comfort and protection of (the Asylum which she called) her *home* again."

in Lunacy on their former visits, and supply a want which is increasingly felt. While these alterations were being carried out, the female side of the House became overcrowded, and the completion of the one was interrupted to make provision for the other. To meet this additional difficulty, room was obtained for *ten* more female patients by adding to the original cottage dormitory which had been noticed with marked approval by the official authorities, who recommended a similar inexpensive adoption at an adjacent asylum. When these improvements are completed by the erection of the new workshops &c., additional accommodation will be provided for 20 male and 10 female patients, at an expense which will certainly not exceed twenty-five pounds per patient. It may be desirable here just to glance at a comparative estimate of enlargement at other asylums. At the Bucks Asylum fifty beds have been added on the female side at a cost of £57 each. At the Cumberland and Westmoreland Asylum, two detached blocks are being erected, each to contain 105 patients, at a cost of £85 per bed. An additional building was erected at the Kent Asylum in 1850, for 200 patients, at a cost of £20,000, that is £100 per patient: and an enlargement is now being made for 500 more patients, at an expense not to exceed £86,000, that is at £132 per patient. These are additions to existing buildings.

The time that has not been occupied in the above named alterations, has been employed in minor improvements. The unsightly covered-way on the male side has been made lighter, and a small room for an attendant provided at one end of it, which gives complete inspection over a long airing ground. The high mound in this court has been lowered, and altered into an ornamental garden, the cultivation of which affords one of the best recreative amusements for the male patients. It must be remembered that all these alterations for immediate necessity, or prospective provision,

or desirable improvement, have also an *immediate curative value*, as being the daily work in which at least fifty patients are engaged. We must be *doing* something. Our patients are not *literary*, they wont or dont read ; but we *can* tabulate so much mental relief, so much increased bodily health, so much definite cure promoted or completed, as *due* to the lowering of a mound, the altering of a covered-way, the building of a wall, and—one might almost add—to each course of bricks representing employment and protection. Field labour also, relieved occasionally by athletic sports is very advantageously promoted. It would be desirable to establish a system of therapeutic gymnastics in every county asylum. The opening of the gymnasium at Liverpool, with Lord Stanley's powerful address, may well excite a desire in the minds of asylum officers to possess so valuable an addition to their present means of restoration. This kind of occupation would, independently of its invigorating and restorative action, prepare the way for increased energies and exertions at home. A gymnasium has lately been opened at Stowmarket : and as many of our inmates are sailors, it would be by no means a difficult task to select a gymnasiarch (or a gymnast) who may unfortunately but truly prove that his exercises may alleviate what they have not had power to prevent. Sympathies of all minds become at certain periods epidemic ; and if nervous physical diseases are associated with nervous mental diseases, all that tends to remove the distresses of the one, must necessarily be followed by an amelioration of the other. Until we can succeed in obtaining these more manly exercises, we must be content with what we can obtain. The patients this year have had more extended indulgencies; between 40 and 50 females take almost *daily* walks in the fields, several have visited for different periods their friends or relatives at home ; tea parties and excursions into the country and to the sea-side have been formed ; and some of the local

attractions, concerts, &c. have been attended. A large singing class has been organized on the female side of the House, and musical talent is shewn by the absence of jarring and discordant notes. These extensions are not only agents in the restorative process, but they promote a feeling of domesticity, and remove existing erroneous impressions on asylum life.

There are capabilities of enlargement, if it should be thought advantageous to embrace them, to an extent likely to meet the demands of the pauper population of the county. More land is still the demand: but on the present grounds even, detached buildings might be at little expense erected which would satisfy those demands for many years to come. Some very nice buildings, detached, have lately been erected under Dr. Campbell's superintendence in Essex: and on looking at them a few weeks ago, and noting the general arrangement of that county asylum, your Superintendent would express the satisfactory feeling which he has, that he can look to a neighbouring establishment as a model in its *medical*, its domestic, and it may be added in a parenthesis, its financial arrangements. While your Superintendent would after his lengthened efforts, regret to see the Suffolk Asylum below the best organised institutions, he would avoid, if possible, any remarks which might lay his sincerity open to suspicion. He is reminded from various circumstances connected with asylum life, that there is a period when any individual, if he would retain his own reason, must diminish, if possible, the labour of anxious thought. Every patient received is a sermon of personal application. When he would contrast by early remembrance, what asylums *were* and what they *are*, he would again thankfully acknowledge that support which has hitherto enabled him, with undiminished efforts, to meet those increasing demands which have so sadly told upon the life and health of many of his medical brethren. It is not however resting *from*

duty, but if possible finding evening repose in it, that he would desire.

The present triumphant life of asylum system in this country is not only creditable to philanthropy and science, and an honour to those who are the pillars that support our county institutions; but a splendid foreshadowing of that greatest change by which all former things shall pass away. The entrance of so many patients in gloomy confusion and their exit in happy order, anticipates in some measure, the entrance into, and the exit from the *last* place of safe keeping. The admission is in dark insanity, the discharge in bright reason and light.

JOHN KIRKMAN, M.D.

Commissioners' Report.

SUFFOLK COUNTY ASYLUM,
15th March, 1865.

The following tabular statement shews the changes in the patients since the visit of our colleagues, 19th April last:—

| | M. | F. | Total. |
|-------------------------------------|-----|-----|--------|
| Admitted | 43 | 62 | 105 |
| Discharged and removed | 20 | 31 | 51 |
| Of whom Recovered | 16 | 27 | 43 |
| Died, all from ordinary causes..... | 13 | 23 | 36 |
| Present number of patients | 153 | 202 | 355 |

Upon our visit this day we have inspected all the wards, offices, and workshops, and seen every patient.

The sanitary state of the Asylum is good. Two patients only of each sex, are registered as under medical treatment. One patient only, on the female side, was in bed at the time of our visit.

The patients secluded since the last visit have been three only in the male and six in the female division, and those on very few occasions.

We have nothing special to report as to the arrangements and routine of the Asylum, the attendance at Divine service (which is performed only on Sundays) or the provision made for the exercise and recreation of the patients.

The Asylum in its several departments, continues to afford evidences of kind and judicious treatment and management. We found the patients of both sexes quiet and orderly in demeanour, and personally, as to cleanliness and clothing,

in a satisfactory state. As respects the latter however, an exception was noticed by us, and pointed out to Dr. Kirkman, on the male side, in the want as to a large number of the patients, of flannel or other woollen shirts. These we think, should, whether asked for, or not, be supplied to all, more especially during the present cold season. In reference to the last Report we have to state as follows.

1. The vacant beds at present are only about six on the male side, and twelve on the female. Arrangements could be made for adding six beds on the male side; the accommodation would not admit of further extension in the present building, consequently the question of making more adequate provision for the future wants of the county, as to the care and treatment of the pauper lunatics, presses for early consideration.

2. There is as we are informed, no present prospect of obtaining additional land, beyond the thirty acres now the property of the Asylum.

3. During the last summer about thirty patients of each sex had the benefit of a day's excursion to the sea-side.

4. There has been an increased supply of amusing publications, and the wards have been further enlivened by decorations and furniture of a domestic kind.

5. The clothes of all the women and a larger proportion than before of the men, are now made in the Asylum.

6. As a precaution against fire, two water tanks holding 1200 gallons each, have been removed from the male and female divisions, respectively, where they were comparatively useless, and brought into close proximity to the steam engine and well. A fire engine, however, is still an essential desideratum.

7. A new and convenient dead house has been erected between the farm and chapel.

8. The dietary has been improved by the substitution for dinner on Sundays, of meat pie, for bread and cheese.

We again submit for the consideration of the Committee, the recommendation already made, that solid meat dinners, in some form, be substituted for the soup now given on the days of the week.

We have further to report the following improvements since the last visit.

1. The lower male airing court has been much better adapted to its purpose, by removing the mound and forming walks therein.

2. The ventilation of the upper wards have been improved by introducing pierced zinc plates over the doors of the associated dormitories and single rooms.

3. The baths, generally, have been lowered in the female division, an improvement which it is intended to carry out in the male division. We suggest the expediency of preparing and hanging up in the several bath rooms, printed regulations for the guidance of the attendants.

4. The cubical contents of the two large upper dormitories under the roof have been considerably increased by the removal of the false ceilings.

5. Some more narrow division doors between day rooms and corridors, have been removed and large arches substituted.

6. In a few additional bed rooms, boarded floors have been substituted for stone.

The weekly charge for patients is now 8s. 9d. and will probably be reduced next quarter to 8s. 6d.

The better wards, more especially those in the female division, have been gradually and materially improved in aspect and comfort, but there is still a great need of additional furniture of an ordinary and domestic description, more particularly in the lower wards, of which the inmates would no doubt be mentally and otherwise benefitted by improved furniture and simple decorations.

Appendix.

No. 1.

PATIENTS ADMITTED, DISCHARGED, AND DIED, From 1st. of January 1865, to 31st. December.

| | Males. | Females | Total. |
|--|--------|---------|--------|
| Patients in the House 31st. December, 1864 | 153 | 202 | 355 |
| Admitted in 1865 | 61 | 60 | 121 |
| | 214 | 262 | 476 |
| Discharged—cured .. 26 30 56 | | | |
| —— relieved.... 6 5 11 | | | |
| Died 20 16 36 | | | |
| | 52 | 51 | 103 |
| Remaining in the House 31st. Dec. 1865 | 162 | 211 | 373 |

No. 2.

ASCERTAINED AND SUPPOSED CAUSES OF INSANITY IN THE 121 PATIENTS ADMITTED DURING THE YEAR 1865.

| | Males. | Females. | Total. |
|-----------------------|--------|----------|--------|
| Debility | 10 | 12 | 22 |
| Epilepsy | 3 | 2 | 5 |
| Grief | 7 | 13 | 20 |
| Hereditary | 6 | 7 | 13 |
| Intemperance | 7 | 1 | 8 |
| Severe Labour | | 1 | 1 |
| Congenital | 5 | 1 | 6 |
| Previous Illness..... | 9 | 10 | 19 |
| Paralysis | 6 | 3 | 9 |
| Sunstroke | 1 | | 1 |
| Fright | 1 | 1 | 2 |
| Unknown | 6 | 9 | 15 |
| Total..... | 61 | 60 | 121 |

No. 3.

OF THE 121 PATIENTS ADMITTED IN THE
YEAR 1865.

| | Males. | Females. | Total. |
|-----------------------------|-----------|-----------|------------|
| Discharged, cured | 10 | 14 | 24 |
| ,, relieved | 2 | 3 | 5 |
| Died | 10 | 5 | 15 |
| Remaining | 39 | 38 | 77 |
| Total | 61 | 60 | 121 |

No. 4.

DOMESTIC CONDITION OF THE 121 PATIENTS
ADMITTED IN THE YEAR 1865.

| | Males. | Females. | Total. |
|-------------------|-----------|-----------|------------|
| Married | 35 | 39 | 74 |
| Single | 18 | 16 | 34 |
| Widowed | 6 | 7 | 13 |
| Total | 61 | 60 | 121 |

TABLE OF ADMISSIONS,

In the whole Thirty-seven Years.

| Years. | MALES. | | | | | FEMALE. | | | | |
|---------------|-------------|------------|-------------|------------|------------|----------|-------------|------------|-------------|--|
| | Admitted. | Cured. | Discharged. | | | Escaped. | Admitted. | Cured. | Discharged. | |
| | | | Relieved. | Total. | Died. | | | | Relieved. | |
| 1829 | 72 | 11 | | 11 | 11 | | 70 | 9 | 2 | |
| 1830 | 48 | 12 | 9 | 21 | 11 | | 34 | 12 | 3 | |
| 1831 | 42 | 8 | 4 | 12 | 16 | | 45 | 19 | 3 | |
| 1832 | 42 | 21 | 4 | 25 | 17 | | 25 | 20 | 2 | |
| 1833 | 34 | 18 | 4 | 22 | 14 | | 31 | 14 | 5 | |
| 1834 | 32 | 16 | 7 | 23 | 9 | 2 | 32 | 18 | 5 | |
| 1835 | 39 | 18 | 9 | 27 | 8 | 1 | 40 | 15 | 8 | |
| 1836 | 30 | 11 | 13 | 24 | 7 | | 26 | 11 | 16 | |
| 1837 | 30 | 13 | 5 | 18 | 11 | | 46 | 17 | 1 | |
| 1838 | 35 | 16 | 2 | 18 | 13 | | 31 | 21 | 2 | |
| 1839 | 29 | 15 | 5 | 20 | 10 | | 53 | 27 | 9 | |
| 1840 | 31 | 14 | 1 | 15 | 7 | 1 | 38 | 23 | 3 | |
| 1841 | 35 | 16 | 2 | 18 | 13 | 1 | 29 | 16 | 1 | |
| 1842 | 27 | 10 | 2 | 12 | 10 | | 34 | 14 | 2 | |
| 1843 | 33 | 9 | 6 | 15 | 13 | | 34 | 17 | 5 | |
| 1844 | 36 | 19 | 2 | 21 | 9 | | 30 | 13 | | |
| 1845 | 42 | 19 | 3 | 25 | 13 | | 40 | 16 | | |
| 1846 | 37 | 22 | | 19 | 16 | | 44 | 24 | 1 | |
| 1847 | 44 | 16 | 1 | 17 | 24 | 1 | 42 | 13 | 2 | |
| 1848 | 31 | 13 | | 13 | 11 | | 51 | 26 | 2 | |
| 1849 | 27 | 10 | 11 | 21 | 9 | 1 | 55 | 34 | 5 | |
| 1850 | 36 | 21 | 4 | 25 | 17 | 1 | 47 | 29 | 1 | |
| 1851 | 36 | 25 | 3 | 28 | 20 | | 55 | 26 | 8 | |
| 1852 | 51 | 22 | 2 | 24 | 17 | | 47 | 28 | 8 | |
| 1853 | 49 | 22 | 2 | 24 | 19 | | 44 | 20 | 7 | |
| 1854 | 34 | 22 | 3 | 25 | 15 | | 47 | 24 | 2 | |
| 1855 | 43 | 20 | 2 | 12 | 17 | | 40 | 28 | 3 | |
| 1856 | 42 | 21 | 2 | 23 | 16 | | 47 | 18 | 5 | |
| 1857 | 40 | 27 | 2 | 29 | 17 | | 56 | 27 | 7 | |
| 1858 | 46 | 19 | 1 | 20 | 18 | | 72 | 39 | 5 | |
| 1859 | 47 | 22 | 2 | 24 | 22 | | 65 | 34 | 1 | |
| 1860 | 42 | 10 | 1 | 11 | 20 | | 65 | 37 | 2 | |
| 1861 | 46 | 25 | 4 | 29 | 30 | | 55 | 30 | 5 | |
| 1862 | 53 | 22 | 4 | 26 | 18 | | 61 | 27 | 4 | |
| 1863 | 54 | 21 | 1 | 22 | 25 | | 61 | 35 | 5 | |
| 1864 | 45 | 20 | 4 | 24 | 13 | | 70 | 34 | 3 | |
| 1865 | 61 | 26 | 6 | 32 | 20 | | 60 | 30 | 5 | |
| Total. | 1501 | 642 | 133 | 775 | 556 | 8 | 1722 | 845 | 161 | |

XARGES, AND DEATHS,

the Asylum opened.

| Died. | Admitted. | TOTAL. | | | | | In the House at the end of each year. | | |
|-------|-----------|-------------|-----------|--------|----------|--------|---------------------------------------|--------|--|
| | | Discharged. | | | Escaped. | Males. | Females. | Total. | |
| | | Cured. | Relieved. | Total. | | | | | |
| 4 | 142 | 20 | 2 | 22 | 15 | 50 | 55 | 105 | |
| 7 | 82 | 24 | 12 | 36 | 18 | 66 | 67 | 133 | |
| 0 | 87 | 27 | 7 | 34 | 26 | 80 | 80 | 160 | |
| 8 | 67 | 41 | 6 | 47 | 25 | 78 | 75 | 153 | |
| 8 | 65 | 32 | 9 | 41 | 22 | 75 | 79 | 154 | |
| 8 | 64 | 34 | 12 | 46 | 17 | 2 | 75 | 155 | |
| 6 | 79 | 33 | 17 | 50 | 14 | 1 | 79 | 91 | |
| 9 | 56 | 22 | 29 | 51 | 16 | 78 | 81 | 159 | |
| 6 | 76 | 30 | 6 | 36 | 27 | 79 | 93 | 176 | |
| 7 | 66 | 37 | 4 | 41 | 26 | 82 | 94 | 172 | |
| 6 | 82 | 42 | 14 | 56 | 10 | 80 | 105 | 185 | |
| 3 | 69 | 37 | 4 | 41 | 20 | 1 | 89 | 104 | |
| 9 | 64 | 32 | 3 | 35 | 22 | 1 | 93 | 107 | |
| 6 | 61 | 24 | 4 | 28 | 21 | 98 | 114 | 212 | |
| 6 | 67 | 26 | 11 | 37 | 29 | 103 | 110 | 213 | |
| 6 | 66 | 32 | 2 | 34 | 21 | 109 | 115 | 224 | |
| 82 | 38 | 3 | 41 | 25 | | 112 | 127 | 239 | |
| 81 | 43 | 1 | 44 | 31 | | 114 | 131 | 245 | |
| 86 | 29 | 3 | 32 | 48 | 1 | 116 | 134 | 250 | |
| 82 | 39 | 2 | 41 | 29 | | 123 | 139 | 262 | |
| 82 | 44 | 16 | 60 | 30 | 1 | 119 | 134 | 253 | |
| 83 | 50 | 5 | 55 | 31 | 1 | 113 | 137 | 250 | |
| 91 | 51 | 9 | 62 | 35 | | 101 | 143 | 244 | |
| 98 | 50 | 10 | 60 | 27 | | 111 | 144 | 255 | |
| 93 | 42 | 9 | 51 | 36 | | 117 | 144 | 261 | |
| 81 | 46 | 5 | 51 | 30 | | 111 | 150 | 261 | |
| 83 | 38 | 5 | 43 | 32 | | 125 | 144 | 269 | |
| 89 | 39 | 7 | 46 | 31 | | 128 | 153 | 281 | |
| 96 | 54 | 9 | 63 | 36 | | 122 | 156 | 278 | |
| 118 | 58 | 6 | 64 | 38 | | 130 | 164 | 294 | |
| 112 | 56 | 3 | 59 | 35 | | 131 | 181 | 312 | |
| 107 | 47 | 3 | 50 | 38 | | 142 | 189 | 331 | |
| 101 | 55 | 9 | 64 | 53 | | 129 | 186 | 315 | |
| 114 | 49 | 8 | 57 | 33 | | 138 | 201 | 339 | |
| 115 | 56 | 6 | 62 | 50 | | 145 | 197 | 342 | |
| 115 | 54 | 7 | 61 | 41 | | 153 | 202 | 355 | |
| 121 | 56 | 11 | 67 | 36 | | 162 | 211 | 373 | |
| 3223 | 1487 | 281 | 1768 | 1074 | 8 | | | | |

*No. 6.*RELIGIOUS DENOMINATION OF THE 121 PATIENTS
ADMITTED IN THE YEAR 1865.

| Religious Denomination. | Males. | Females. | Total. |
|-------------------------|--------|----------|--------|
| Church of England | 37 | 41 | 78 |
| Baptists | 6 | 7 | 13 |
| Wesleyans | 9 | 5 | 14 |
| Independents | 5 | 4 | 9 |
| Unknown | 4 | 3 | 7 |
| Total | 61 | 60 | 121 |

*No. 7.*DEGREE OF EDUCATION OF THE 121 PATIENTS
ADMITTED IN THE YEAR 1865.

| Degree of Education. | Males. | Females. | Total. |
|------------------------------|--------|----------|--------|
| Able to Read and Write | 22 | 29 | 51 |
| Able to Read | 28 | 21 | 49 |
| Unable to Read | 11 | 10 | 21 |
| Total | 61 | 60 | 121 |

No. 8.

OCCUPATIONS OF THE 121 PATIENTS ADMITTED
IN THE YEAR 1865.

| Occupations. | Males. | Females | Total. |
|------------------------------|--------|---------|--------|
| Agricultural Labourers | 35 | | 35 |
| ,, ,, Wives.. | | 31 | 31 |
| ,, ,, Widows | | 1 | 1 |
| Blacksmith's Widow | | 1 | 1 |
| Builder | 1 | | 1 |
| Brickmaker | 1 | | 1 |
| Brewer's Wife | | 1 | 1 |
| Cement Maker | 1 | | 1 |
| Clerk's Wife | | 1 | 1 |
| Charwoman | | 1 | 1 |
| Carpenter | 1 | | 1 |
| Domestic Servants | | 10 | 10 |
| Drapers | 1 | | 1 |
| Dress Makers | | 2 | 2 |
| Farmers..... | 2 | | 2 |
| Farm Steward | 1 | | 1 |
| Fisherman..... | 1 | | 1 |
| Gamekeeper's Assistant | 1 | | 1 |
| Groom | 1 | | 1 |
| Hawker | 1 | | 1 |
| Housekeeper | | 1 | 1 |
| Millers | 2 | | 2 |
| Miller's Wife | | 1 | 1 |
| Mariner's Wife..... | | 1 | 1 |
| Railroad Boy | 1 | | 1 |
| Soldiers | 2 | | 2 |
| Straw Plaiters | | 1 | 1 |
| Shoe Makers..... | 3 | | 3 |
| Stone Dealer | 1 | | 1 |
| Tinman | 1 | | 1 |
| Tailor..... | 1 | | 1 |
| No occupations | 3 | 8 | 11 |
| Total..... | 61 | 60 | 121 |

AGES OF PATIENTS ON ADMISSION IN 1865.

24

| Under Ten. | From Ten to Twenty. | | Twenty to Thirty. | | Thirty to Forty. | | Forty to Fifty. | | Fifty to Sixty. | | Sixty to Seventy. | | Seventy and upwards. | | TOTALS. | | | |
|------------|---------------------|----|-------------------|----|------------------|----|-----------------|----|-----------------|----|-------------------|----|----------------------|----|---------|----|----|-----|
| M. | F. | M. | F. | M. | F. | M. | F. | M. | F. | M. | F. | M. | F. | M. | F. | M. | F. | |
| 0 | 0 | 4 | 2 | 9 | 8 | 8 | 7 | 16 | 21 | 11 | 9 | 8 | 6 | 5 | 7 | 61 | 60 | 121 |

AGES OF PATIENTS DIED IN 1865.

| Under Ten. | From Ten to Twenty. | | Twenty to Thirty. | | Thirty to Forty. | | Forty to Fifty. | | Fifty to Sixty. | | Sixty to Seventy | | Seventy and upwards. | | TOTALS. | | | |
|------------|---------------------|----|-------------------|----|------------------|----|-----------------|----|-----------------|----|------------------|----|----------------------|----|---------|----|----|----|
| M. | F. | M. | F. | M. | F. | M. | F. | M. | F. | M. | F. | M. | F. | M. | F. | M. | F. | |
| 0 | 0 | 2 | 0 | 0 | 2 | 3 | 2 | 5 | 2 | 1 | 5 | 7 | 4 | 2 | 1 | 20 | 16 | 36 |

No. 10.

TABLE exhibiting the Cause of Death, Form of Insanity, Duration of Mental Malady, and Periods of Residence in the Asylum, in the Cases which terminated fatally during the year 1865.

| No. | Age. | Sex. | Cause of Death. | Residence in Asylum. | | | Total duration of Insanity. | | | Form of Insanity. |
|------|------|--------------------------|-----------------|----------------------|------|------|-----------------------------|------|------|-------------------|
| | | | | Yrs. | Mos. | Dys. | Yrs. | Mos. | Dys. | |
| 145 | M | Paralysis . . . | | 0 | 3 | 24 | 3 | 19 | | Paralytic Mania |
| 258 | M | Gradual Exhaustion . | | | | 29 | 1 | 4 | | Melancholia |
| 321 | F | Disease of Brain . . . | | 2 | 8 | 20 | 2 | 8 | 27 | Epileptic Mania |
| 459 | F | Epilepsy . . . | | 11 | 6 | 6 | 11 | 6 | 12 | " |
| 539 | M | Paralysis . . . | | 10 | 21 | | 10 | 24 | | Paralytic Mania |
| 640 | F | Gradual Exhaustion . | | 2 | 14 | | 2 | 21 | | Mania |
| 718 | M | Marasmus . . . | | | | 12 | | | 16 | " |
| 869 | F | Senile Infirmity . . . | | 6 | 0 | 14 | 6 | 1 | 0 | " |
| 957 | F | Maniacal Exhaustion . | | 1 | 1 | | 1 | | 8 | Melancholia |
| 1065 | M | " | | | | 29 | | 1 | 4 | " |
| 1151 | F | " | | | | 13 | | | 20 | Mania" |
| 1235 | F | Phthisis . . . | | 3 | 0 | 25 | 3 | 1 | 7 | Melancholia |
| 1343 | M | Epilepsy . . . | | 10 | 7 | 3 | 10 | 7 | 9 | Epileptic Mania |
| 1438 | M | Maniacal Exhaustion . | | | | 27 | | 1 | 4 | Mania |
| 1560 | M | Paralysis . . . | | 23 | 5 | 6 | 23 | 5 | 10 | Melancholia |
| 1642 | M | Apoplexy . . . | | 20 | 5 | 14 | 20 | 5 | 21 | Epileptic Mania |
| 1760 | M | Epilepsy . . . | | 6 | 7 | 1 | 6 | 7 | 6 | " |
| 1877 | M | " | | 2 | 2 | 9 | 2 | 2 | 16 | " |
| 1930 | M | Paralysis . . . | | | 2 | 1 | | 2 | 8 | Paralytic Mania |
| 2039 | F | Gradual Exhaustion . | | 1 | 3 | 2 | 1 | 3 | 9 | Mania |
| 2168 | M | Cancer . . . | | 10 | 8 | 23 | 10 | 9 | 4 | Melancholia |
| 2265 | M | Gradual Exhaustion . | | | 1 | 7 | | 1 | 14 | Mania |
| 2364 | M | General Paralysis . | | | 1 | 18 | | 1 | 20 | Paralytic Mania |
| 2443 | M | " | | 7 | 4 | 3 | 7 | 4 | 9 | " |
| 2532 | F | Cardiac Disease . . . | | 1 | 0 | 23 | 1 | 1 | 6 | Recurrent Mania |
| 2685 | M | Natural Decay . . . | | | | 5 | | 1 | 12 | Dementia |
| 2769 | F | Paralytic Exhaustion . | | | 2 | 21 | | 3 | 21 | Paralytic Mania |
| 2867 | F | Gradual Exhaustion . | | 7 | 1 | 19 | 9 | 1 | 19 | " |
| 2961 | M | Dropsy . . . | | | 10 | 5 | 1 | 10 | 5 | Melancholia |
| 3065 | M | Paralysis . . . | | | 10 | 17 | 1 | 1 | 17 | Paralytic Mania |
| 3152 | F | Partial Paralysis . . . | | | 5 | 10 | 3 | 5 | 10 | " |
| 3260 | F | Epilepsy . . . | | 5 | 3 | 14 | 6 | 0 | 14 | Epileptic Mania |
| 3373 | F | Maniacal Exhaustion | | 5 | 7 | 4 | 6 | 7 | 4 | Mania |
| 3427 | F | Paralysis . . . | | 1 | 7 | 7 | 3 | 1 | 7 | Paralytic Mania |
| 3542 | M | Phthisis . . . | | | 1 | 22 | | 2 | 8 | " |
| 3651 | F | General Visceral Disease | | 4 | 14 | | 10 | 14 | | Mania" |

DIET TABLE OF THE SUFFOLK LUNATIC ASYLUM.
December 31, 1865.

| DAYS OF THE WEEK. | BREAKFAST | | | | DINNER. | | | | SUPPER. | | | |
|----------------------|-------------|---------------|-------------|--------------|-------------|-------------|---------------|-----------------|-----------------|----------|-------------|----------|
| | Males. | Fe- males. | Males. | Females. | Males. | Females. | Males. | Females. | Males. | Females. | Males. | Females. |
| Sunday | Bread. | Gruel. | Bread. | Cooked Meat. | Pie. | Bread. | Rice Pudding. | Suet Pudding | Soup. | Beer. | Cooked Meat | Pie. |
| Monday | oz. pt. oz. | oz. pt. oz. | lb. lb. pt. | oz. oz. | lb. lb. pt. | oz. oz. | lb. lb. pt. | oz. oz. | lb. lb. pt. | oz. oz. | lb. lb. pt. | oz. oz. |
| Tuesday | 7 1 1 6 | 7 1 1 6 | 1 1 1 1 | 16 1 1 1 | 1 1 1 1 | 3 3 3 4 | 12 1 1 1 | 1 1 1 1 | 5 8 1 1 | 8 4 2 3 | 8 4 2 3 | 7 4 3 2 |
| Wednesday | 7 1 1 6 | 7 1 1 6 | 1 1 1 3 | 6 1 1 3 | 4 1 1 1 | 5 4 3 3 | 5 4 3 3 | 4 1 1 1 | 1 1 1 1 | 8 4 2 3 | 8 4 2 3 | 7 4 3 2 |
| Thursday | 7 1 1 6 | 7 1 1 6 | 1 1 1 3 | 6 1 1 3 | 7 1 1 1 | 1 1 1 1 | 5 4 3 3 | 5 4 3 3 | 1 1 1 1 | 8 4 2 3 | 8 4 2 3 | 7 4 3 2 |
| Friday | 7 1 1 6 | 7 1 1 6 | 1 1 1 3 | 6 1 1 3 | 4 1 1 1 | 2 1 1 1 | 5 4 3 3 | 5 4 3 3 | 1 1 1 1 | 8 4 2 3 | 8 4 2 3 | 7 4 3 2 |
| Saturday | 7 1 1 6 | 7 1 1 6 | 1 1 1 3 | 6 1 1 3 | 7 1 1 1 | 1 1 1 1 | 5 4 3 3 | 5 4 3 3 | 1 1 1 1 | 8 4 2 3 | 8 4 2 3 | 7 4 3 2 |
| Total | 49 10 1 42 | 7 1 8 16 | 2 2 3 1 | 1 1 3 3 3 14 | 12 2 0 | 3 1 3 2 3 4 | 2 2 1 5 6 2 1 | 6 2 1 3 4 9 2 1 | 6 2 1 3 4 9 2 1 | 6 1 1 2 | 6 1 1 2 | 6 1 1 2 |

The Gruel is made in the following proportions, *viz.*—10lbs. of Groats to 6 gallons of Milk for 100 Patients.

Soup is thickened with Peas, Pearl Barley, Rice, and Vegetables.

Tea 1lb. Sugar 4lb. Milk 3 gallons for 100 Patients.

The Patients employed, both Males and Females, have full generous diet.

Dietetic regulations are subject to Medical opinion.

No. 12.

TABLE SHEWING THE WEEKLY AND ANNUAL
CHARGE FOR EACH PATIENT, SINCE THE
ASYLUM OPENED.

| Years. | 1st. Quarter. Per Week. | | 2nd. Quarter. Per Week. | | 3rd. Quarter. Per Week. | | 4th. Quarter. Per Week. | | Annual Charges. | | |
|-------------|-------------------------------|----|-------------------------------|----|-------------------------------|----|-------------------------------|------------------|--------------------|----|-----------------|
| | s. | d. | s. | d. | s. | d. | s. | d. | £. | s. | d. |
| 1829 | 12 | 2 | 8 | 2 | 7 | 0 | 8 | 2 | 22 | 19 | 10 |
| 1830 | 7 | 7 | 6 | 5 | 5 | 3 | 7 | 0 | 17 | 1 | 3 |
| 1831 | 7 | 0 | 7 | 7 | 5 | 10 | 7 | 0 | 17 | 16 | 5 |
| 1832 | 6 | 5 | 5 | 10 | 5 | 10 | 5 | 10 | 15 | 10 | 11 |
| 1833 | 5 | 10 | 5 | 10 | 5 | 3 | 5 | 10 | 14 | 15 | 9 |
| 1834 | 5 | 10 | 5 | 3 | 5 | 10 | 5 | 10 | 14 | 15 | 9 |
| 1835 | 7 | 0 | 5 | 3 | 4 | 8 | 5 | 10 | 14 | 15 | 9 |
| 1836 | 5 | 10 | 5 | 3 | 5 | 10 | 5 | 10 | 14 | 15 | 9 |
| 1837 | 7 | 0 | 5 | 10 | 5 | 10 | 5 | 10 | 15 | 18 | 6 |
| 1838 | 6 | 5 | 5 | 10 | 5 | 10 | 6 | 5 | 15 | 18 | 6 |
| 1839 | 7 | 0 | 6 | 5 | 5 | 10 | 6 | 5 | 16 | 13 | 8 |
| 1840 | 7 | 0 | 6 | 5 | 6 | 5 | 7 | 0 | 17 | 8 | 10 |
| 1841 | 7 | 0 | 6 | 5 | 6 | 5 | 7 | 0 | 17 | 8 | 10 |
| 1842 | 7 | 0 | 6 | 5 | 5 | 10 | 6 | 5 | 16 | 13 | 8 |
| 1843 | 6 | 5 | 5 | 10 | 5 | 10 | 6 | 5 | 15 | 18 | 6 |
| 1844 | 6 | 5 | 6 | 5 | 6 | 5 | 6 | 5 | 16 | 13 | 8 |
| 1845 | 7 | 0 | 6 | 5 | 5 | 10 | 6 | 5 | 16 | 13 | 8 |
| 1846 | 7 | 0 | 7 | 0 | 6 | 5 | 7 | 7 | 18 | 4 | 0 |
| 1847 | 7 | 7 | 8 | 2 | 8 | 9 | 7 | 7 | 20 | 17 | 1 |
| 1848 | 8 | 2 | 8 | 2 | 8 | 2 | 8 | 9 | 21 | 12 | 3 |
| 1849 | 7 | 7 | 5 | 3 | 5 | 10 | 6 | 5 | 16 | 6 | 1 |
| 1850 | 7 | 0 | 5 | 10 | 5 | 10 | 6 | 5 | 16 | 6 | 1 |
| 1851 | 5 | 10 | 5 | 3 | 5 | 3 | 6 | 5 | 14 | 15 | 9 |
| 1852 | 6 | 5 | 6 | 5 | 6 | 5 | 6 | 5 | 16 | 13 | 8 |
| 1853 | 7 | 0 | 7 | 0 | 7 | 0 | 7 | 10 $\frac{1}{2}$ | 18 | 15 | 4 $\frac{1}{2}$ |
| 1854 | 8 | 6 | 8 | 0 | 8 | 0 | 8 | 9 | 21 | 12 | 3 |
| 1855 | 8 | 9 | 8 | 9 | 8 | 9 | 8 | 9 | 22 | 15 | 6 |
| 1856 | 8 | 9 | 8 | 9 | 8 | 0 | 7 | 6 | 21 | 9 | 0 |
| 1857 | 8 | 3 | 8 | 0 | 8 | 3 | 8 | 6 | 21 | 9 | 0 |
| 1858 | 8 | 3 | 8 | 0 | 7 | 6 | 7 | 6 | 20 | 6 | 3 |
| 1859 | 7 | 6 | 7 | 6 | 7 | 6 | 8 | 6 | 20 | 3 | 0 |
| 1860 | 9 | 6 | 8 | 6 | 8 | 6 | 8 | 6 | 22 | 15 | 0 |
| 1861 | 9 | 0 | 9 | 6 | 9 | 6 | 8 | 6 | 23 | 14 | 6 |
| 1862 | 9 | 0 | 8 | 6 | 8 | 6 | 8 | 6 | 22 | 8 | 6 |
| 1863 | 9 | 0 | 8 | 6 | 8 | 6 | 8 | 6 | 22 | 8 | 6 |
| 1864 | 8 | 6 | 8 | 6 | 8 | 0 | 8 | 9 | 21 | 18 | 9 |
| 1865 | 8 | 9 | 8 | 6 | 8 | 0 | 8 | 6 | 21 | 12 | 3 |

